



The Dibble Institute
Resources for Teaching Relationship Skills

The Power of Relationship Education for School Success



Presented by
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Author and Educator



Webinar Information

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Charlie and Helen Dibble





The Dibble Institute

Resources for Teaching Relationship Skills

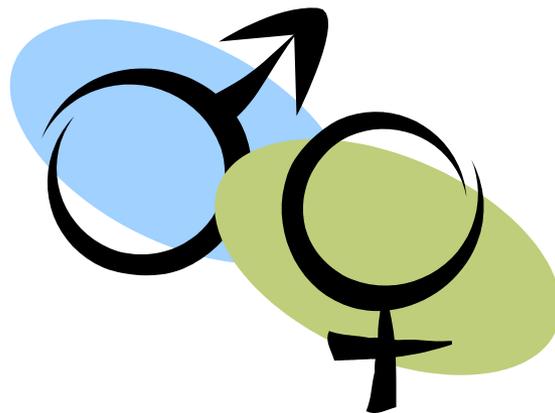
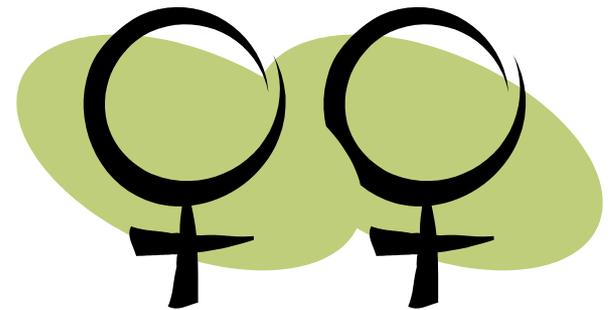
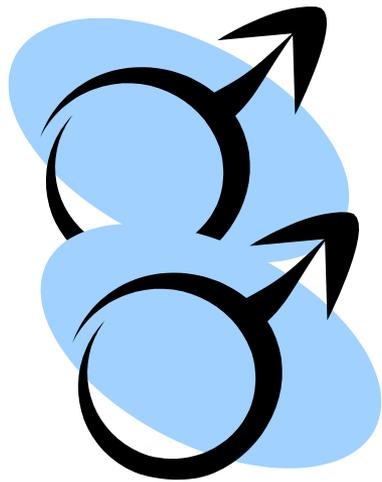
The Dibble Institute believes in research.



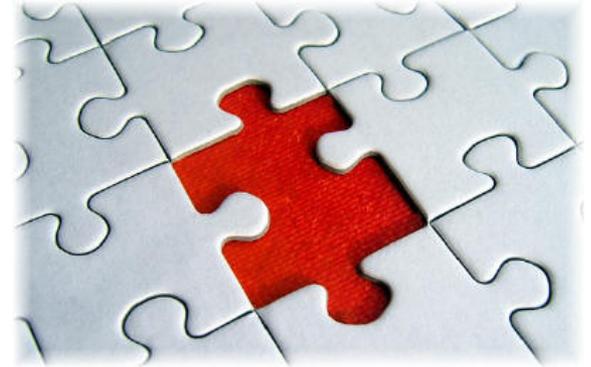
The Dibble Institute
believes in stable, healthy families.



The Dibble Institute believes
all people deserve respect.



A Missing Piece?



- Do we underestimate the role intimate relationships play in the lives of youth?
- Rarely is healthy relationship education and skills part of the mix in helping youth.
- Yet, the love and sex choices they make can impact their current and future lives in major ways—for better or for worse.

Relationship troubles can derail youth



Empirical findings on relationship success and failure

- Emergence of skills-based prevention programs



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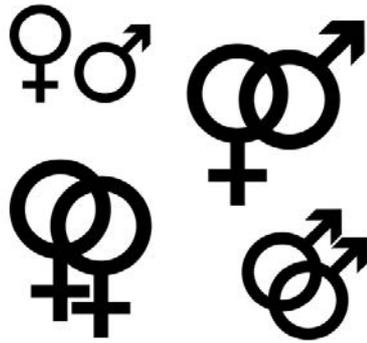
Start with youth



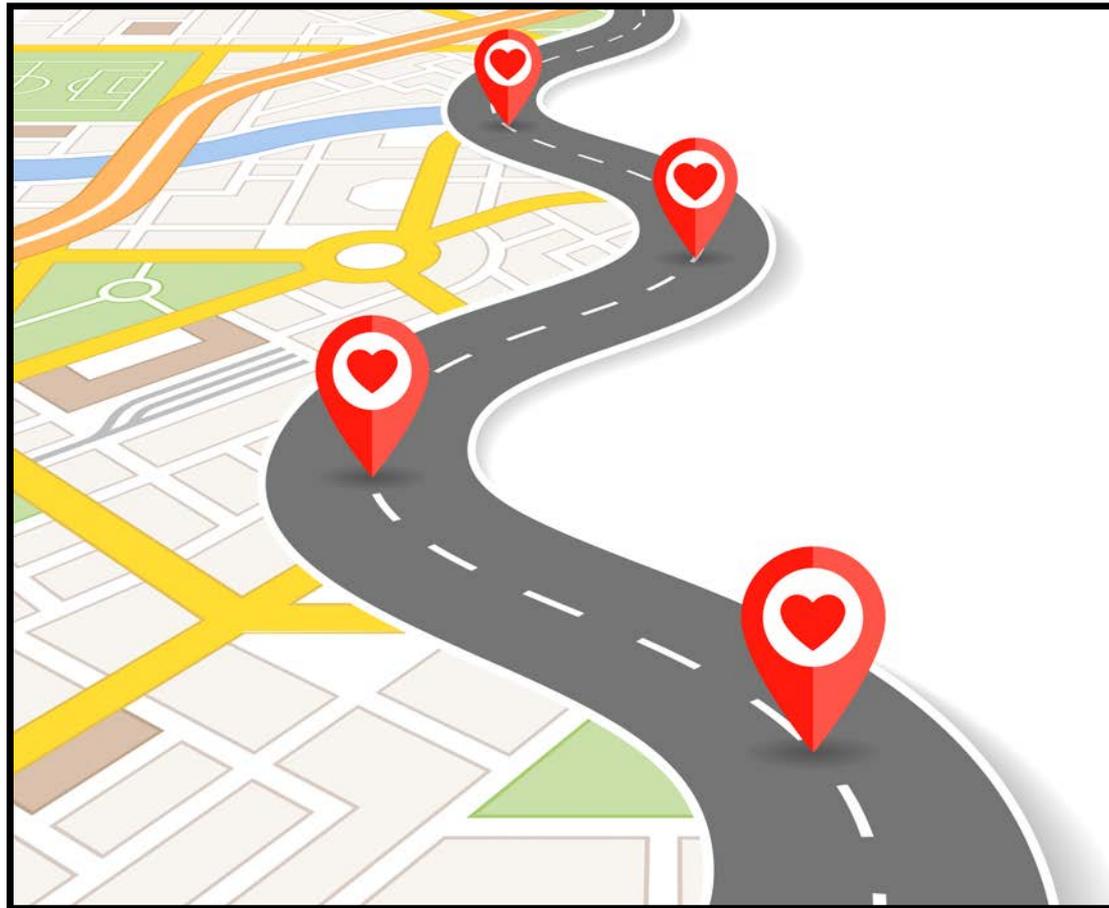
Healthy relationship skills strengthen dating violence prevention



Address sexuality in broader ways



Youth lack a roadmap for an important part of their lives



Why urgent now? Three reasons

1. Examples, shared meanings, thoughtful conversations to guide are largely missing for many youth.
 - Many youth are ill-informed on issues surrounding big life steps:
 - Are there no differences between living together & marriage?
 - Under what circumstances is living together more risky or less risky?
 - Does it matter if baby carriage comes before marriage?
 - Where is the roadmap for fatherhood?

2nd The Great Divide

- Trends in relationships, marriage and family formation are reproducing privilege for some and disadvantage for others
- The stakes are especially high for those without a 4 yr. college degree



Some trends

- Teen pregnancy has gone down 60% since 1991.
- But unplanned pregnancy has crept up the age scale.
- A majority of births to women under 30 are to unmarried parents—most unplanned pregnancies.

Non-marital births

- Late 1960's = it was 6%
- 2017 = 40% of all babies are born to unmarried parents
 - 29% = White
 - 52% = Hispanic
 - 70% = Black (non-Hispanic)

Source: Centers for Disease Control, National Center for Health Statistics, National Vital Statistics Report, at <http://www.cdc>

So what? Why does it matter if babies come before marriage?

- Because nonmarital births are strongly associated with:
 - greater child poverty
 - poorer child outcomes
- An important link in understanding why has to do with the parents' relationship
 - There are unmarried parents who live happily ever after and provide stable homes for their children, **but....it's not the norm.**

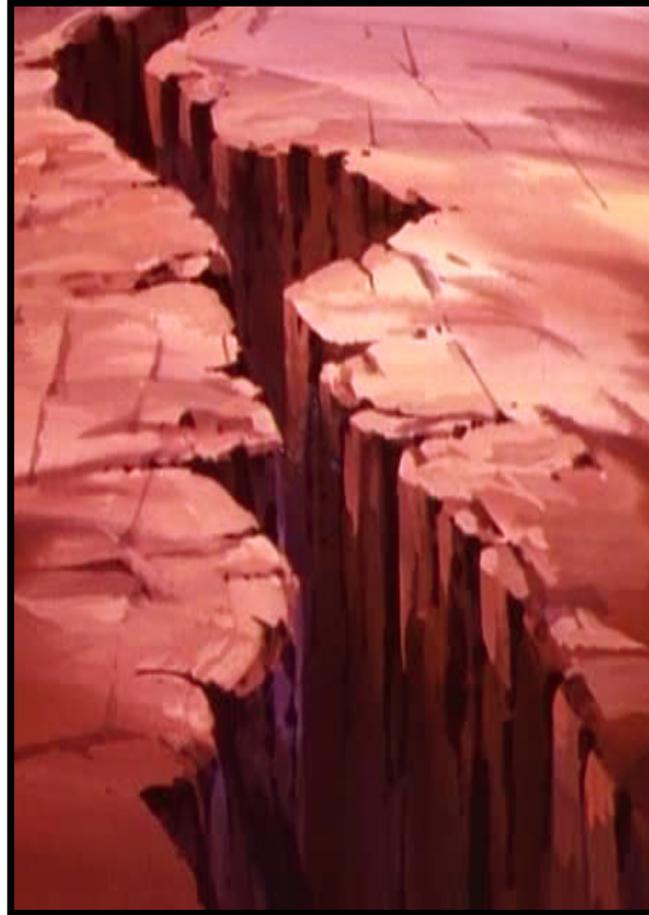
The relationships of unmarried parents are generally fragile

- Most will fall apart and will be followed by new relationships
- Hence the term “*fragile families*”
- Relationship instability puts children at risk for poorer outcomes.



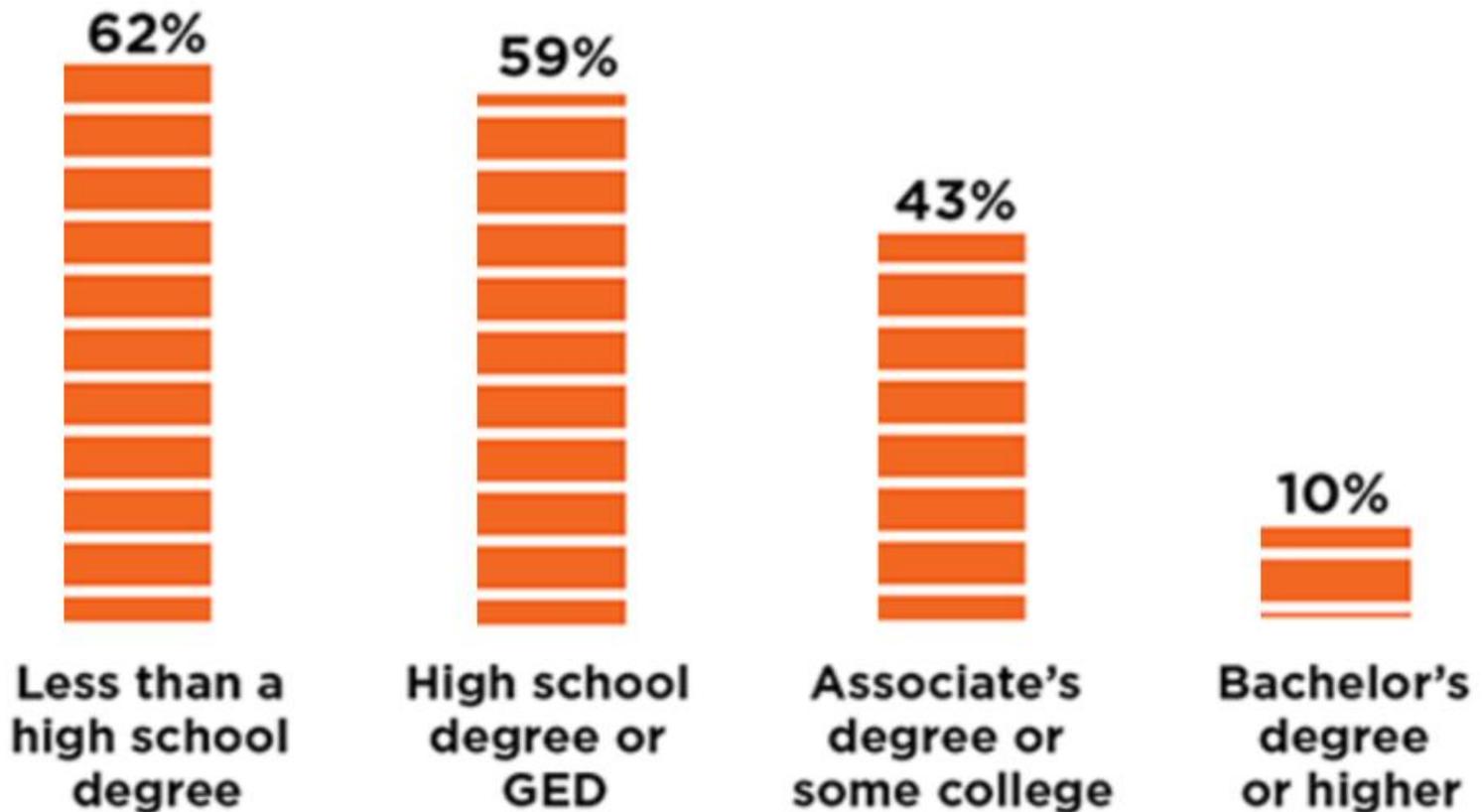
A great divide in marriage, family formation and divorce trends

- Those with less education on one side



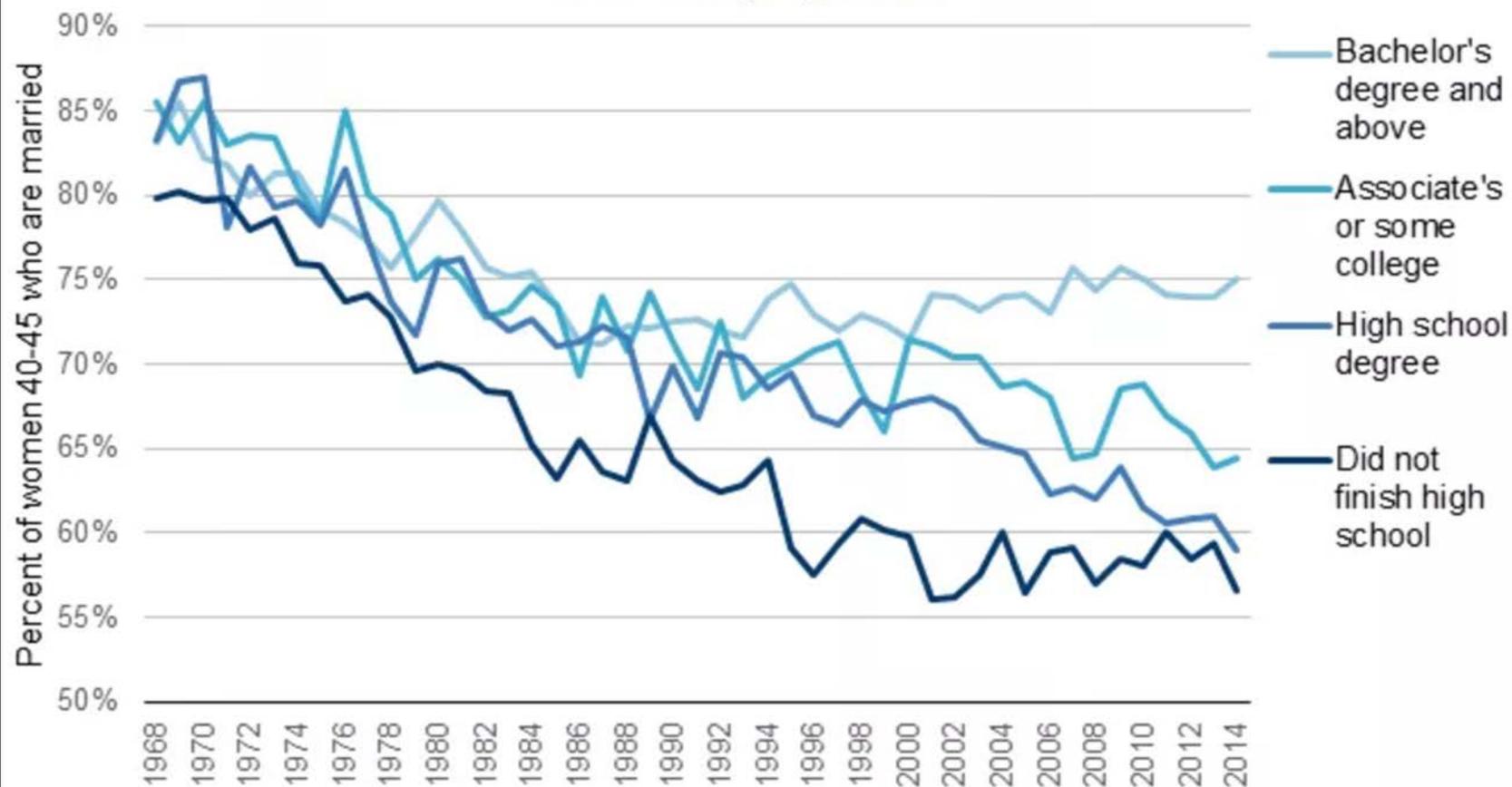
- Those with a 4 yr. college degree on the other side

Nonmarital childbearing by education 2016



Source: Vital Statistics birth data 2016

The growing marriage gap: Less-educated women are marrying less

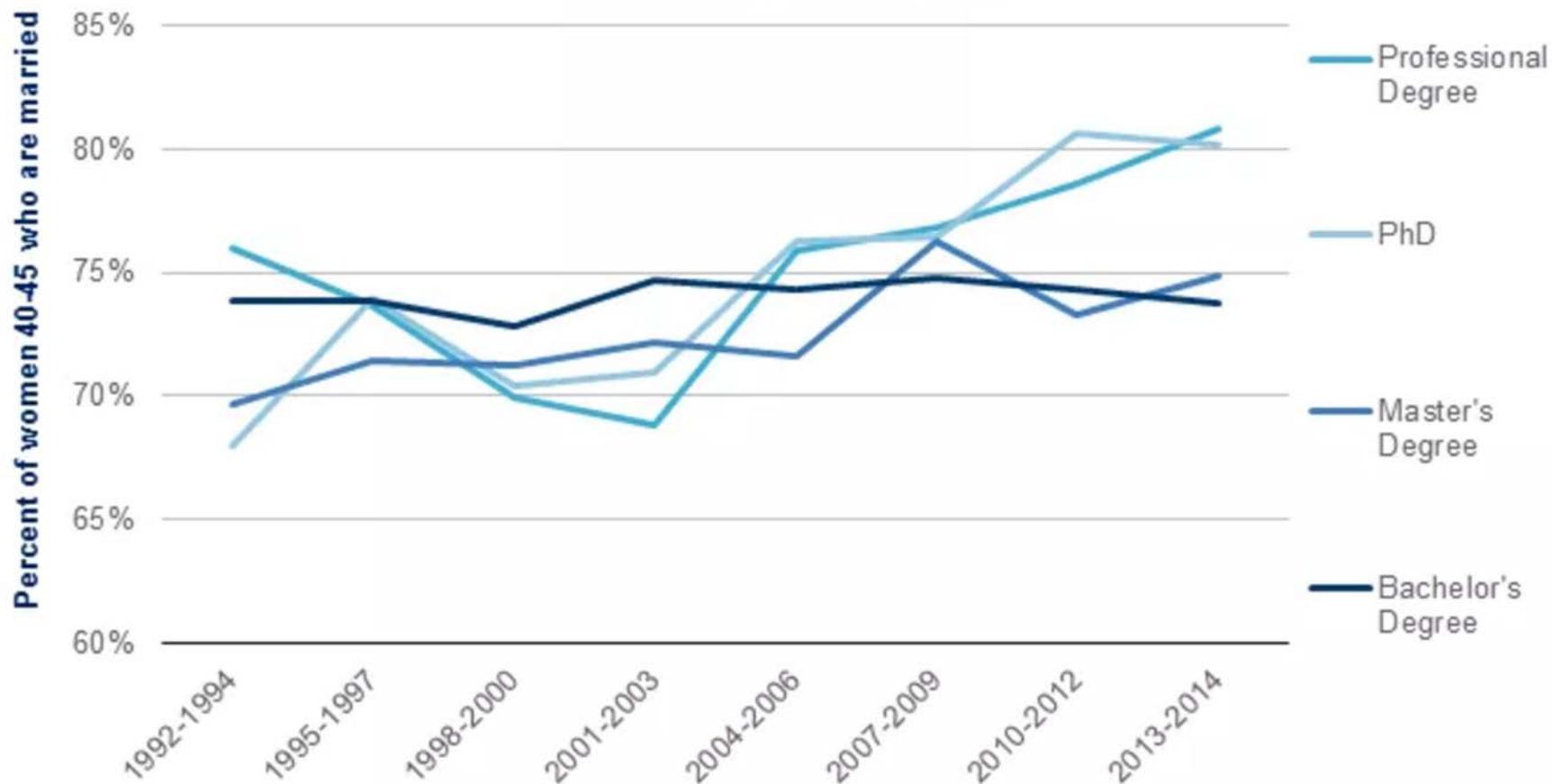


Source: Current Population Survey 2015

Note: Excludes women living in group quarters

BROOKINGS

Marriage rates are highest amongst the most-educated women



Source: Current Population Survey 2015

Note: Excludes women living in group quarters. Examples of professional degrees include, but are not limited to, degrees in law, medicine, pharmacy, education, and other areas of medicine.

BROOKINGS

Divorce rates falling, but...



- The 18% drop from 2008 to 2016 is almost **exclusively** driven by college educated millennials
- They are marrying and their marriages are lasting
- They tend to marry before having children

On the other side of the divide:

- Non-marital births, serial cohabitation and children with multiple partners
- And it's strongly associated with increased instability and poverty for children and poorer child outcomes.



Help youth succeed in education and in love



It's about helping youth achieve aspirations

And to do so we must think dualistically

3rd Teens online lives are uncharted territory



Serious Questions

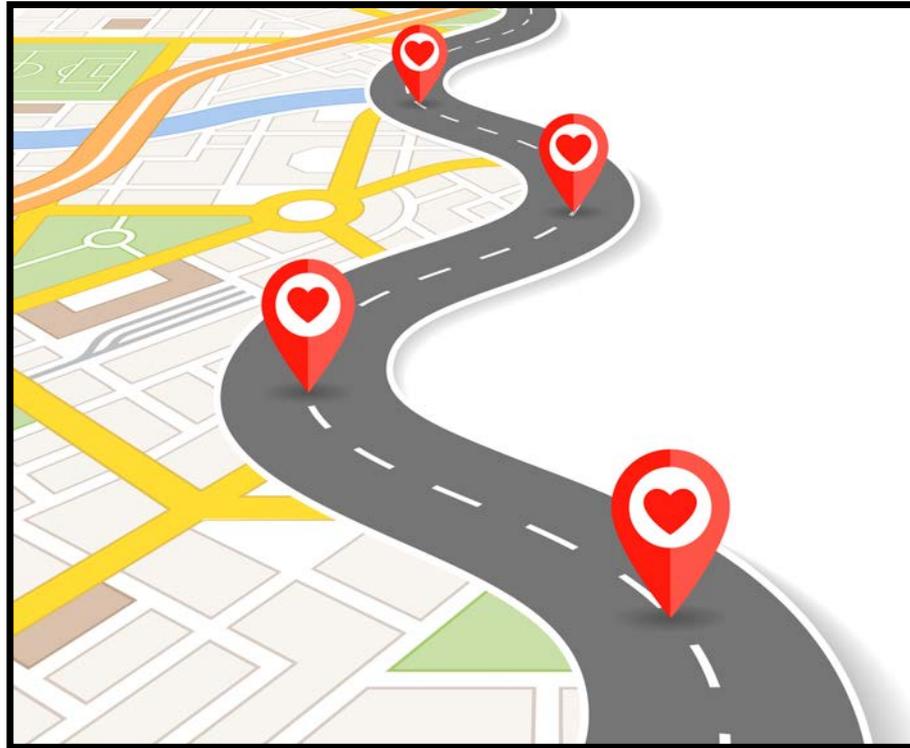
- Is it fueling a retreat from real relationships?
- How is it affecting our mental health?
- What does it mean for social and emotional development?



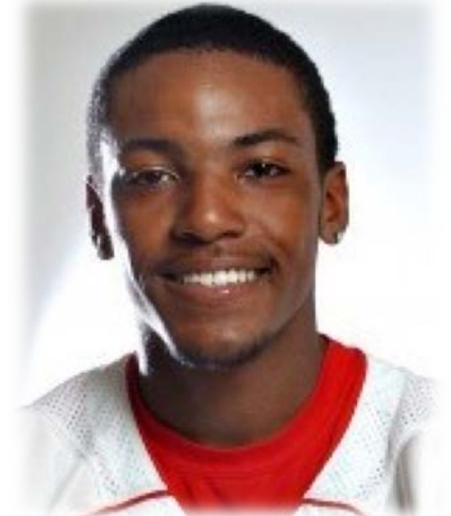
Is Porn becoming the new sex ed?



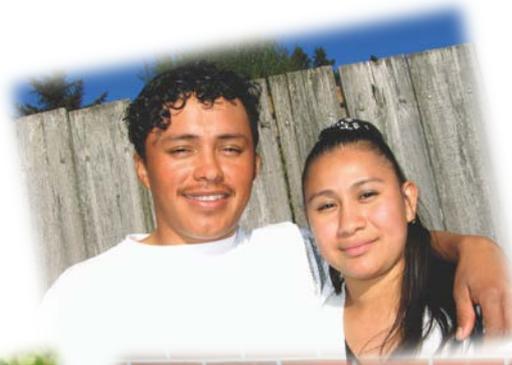
Many youth are unprepared for caring, lasting romantic lives and eventually healthy sexual lives



Healthy relationships start with the individual



All About Healthy Relationships



Communication & Conflict Management Skills



Address the good, the bad, the ugly of our hyper-connected lives



Sexual Decision-making & Pregnancy Prevention

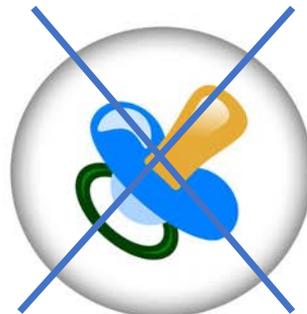
- **Heart:** Define a meaningful context and timing for sex
- **Health:** Medically-accurate info, skill practice; planning for choices
- **New pregnancy prevention messages—Through the Eyes of a Child**



The Success Sequence



1. Finish high school; get as much college or training as possible
2. Be employed full time by 25 (or in college/training)
3. Be married before having a child

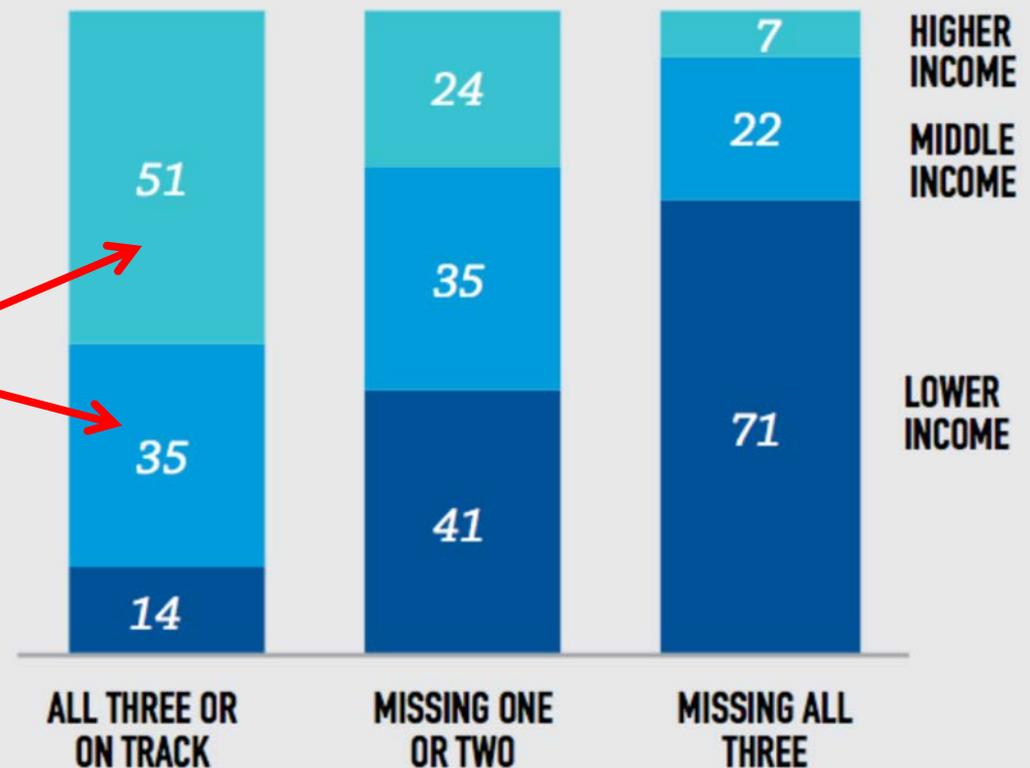


Or be “on track”

1. Education and employment by 25
2. No unplanned pregnancy

More than 8 in 10 Millennials who followed the “success sequence” or are “on track” are in the middle or higher income group

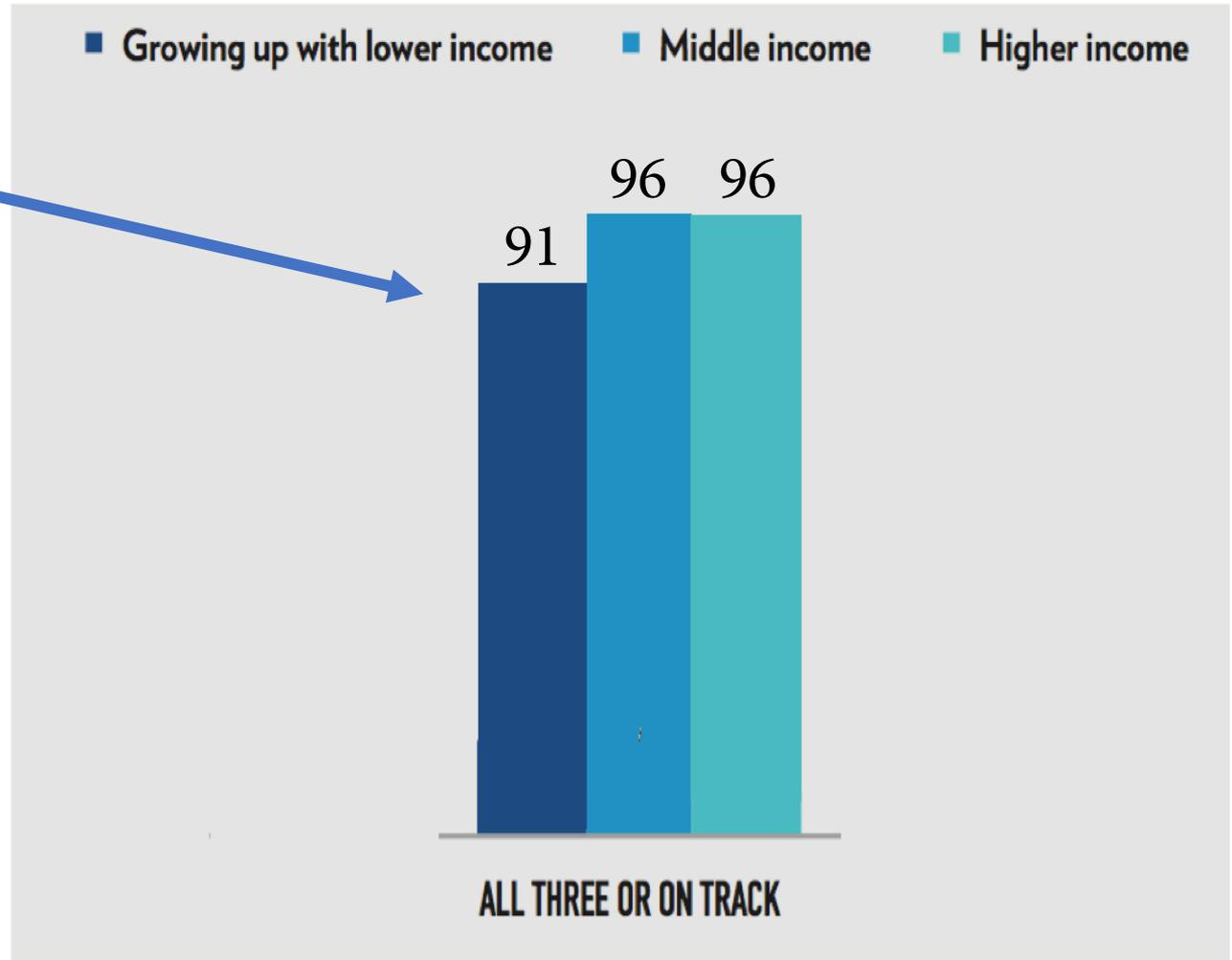
% of adults ages 28-34 in each income bracket



86% of young adults who followed the success sequence or are “on track” are in the middle to upper income group.

Succeeding with Sequence

91% of young adults who grew up in low-income families and followed the sequence or stayed on track are in the middle or higher income level by age 28-34.



Avoiding an unplanned pregnancy is possible



- One can decide not to have sex now; avoid risky situations; strengthen assertiveness skills.
- One can pace one's involvement more slowly and make real decisions vs. sliding.
- One can use contraception and condoms consistently if one is sexually active.

But it takes a lot of motivation

Offer youth better access to all three:

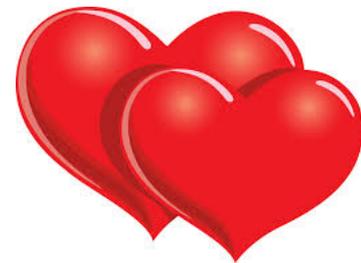
1. Education

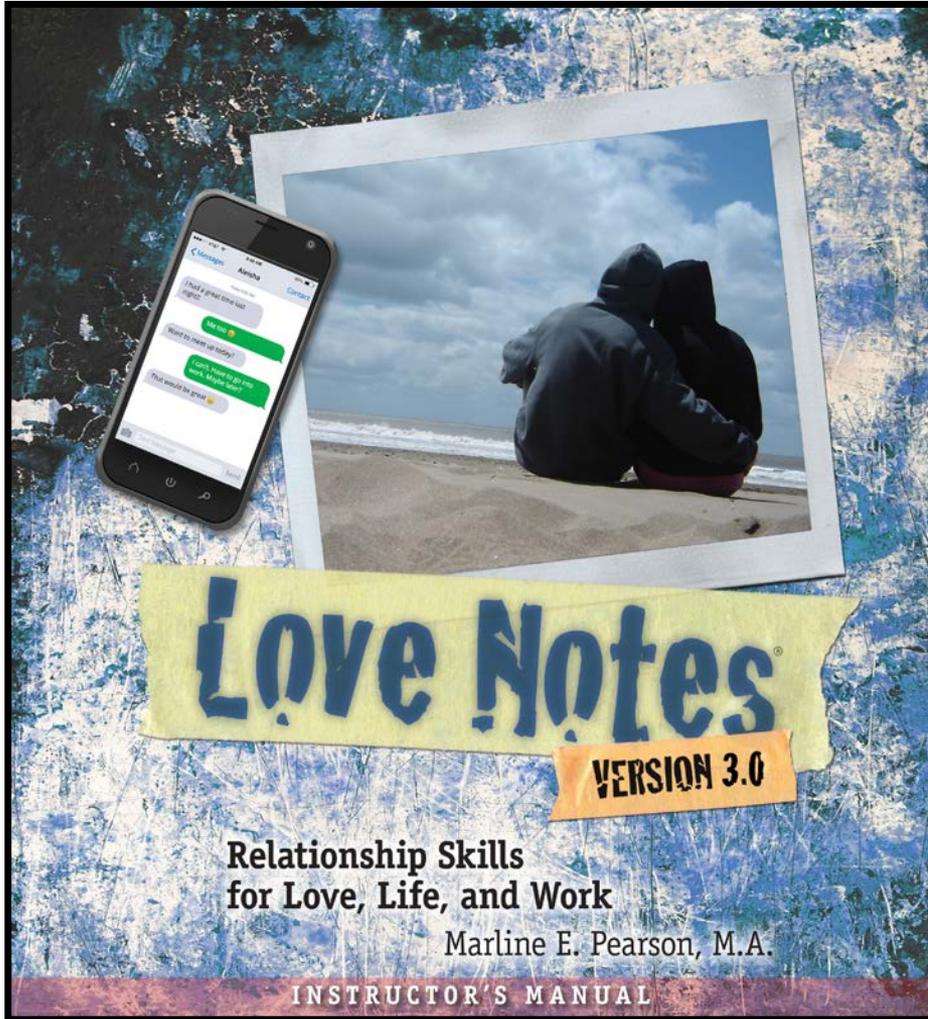


2. Employment



3. Healthy relationships and healthy marriages





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Love Notes

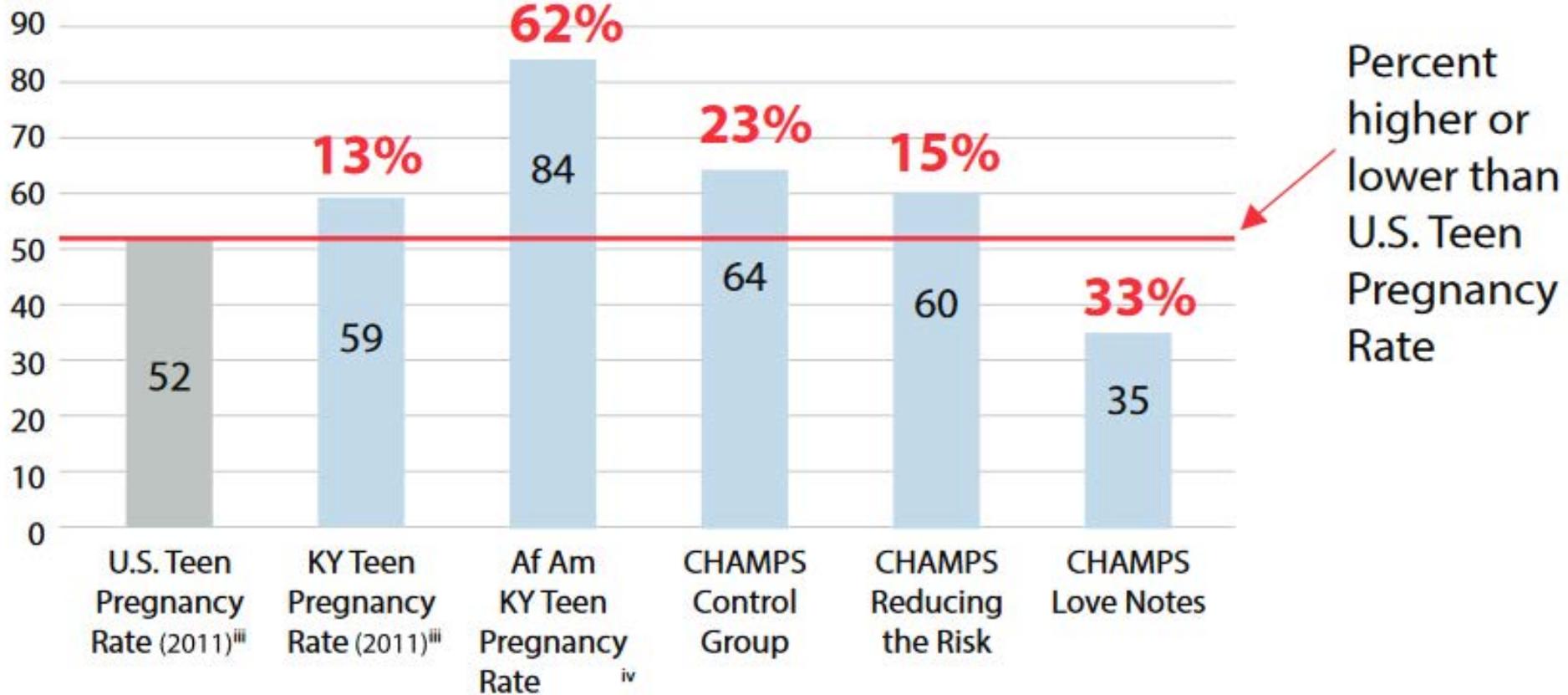
Evidence-Based Teen Pregnancy Prevention Programs at a Glance*

Program Name	Outcomes						# of Sessions	Program Duration	Age Program/(Eval)
Love Notes	●		●	●	●	●	13	2 days to 3 months	15-24 (14-19)

* Accessed from: <https://www.hhs.gov/ash/oah/sites/default/files/ebp-table.pdf> June 10, 2017

1. Recent Sexual Activity
2. Frequency of Sexual Activity
3. Contraceptive Use/Consistency
4. Sexual Initiation & Abstinence
5. Pregnancy or Birth

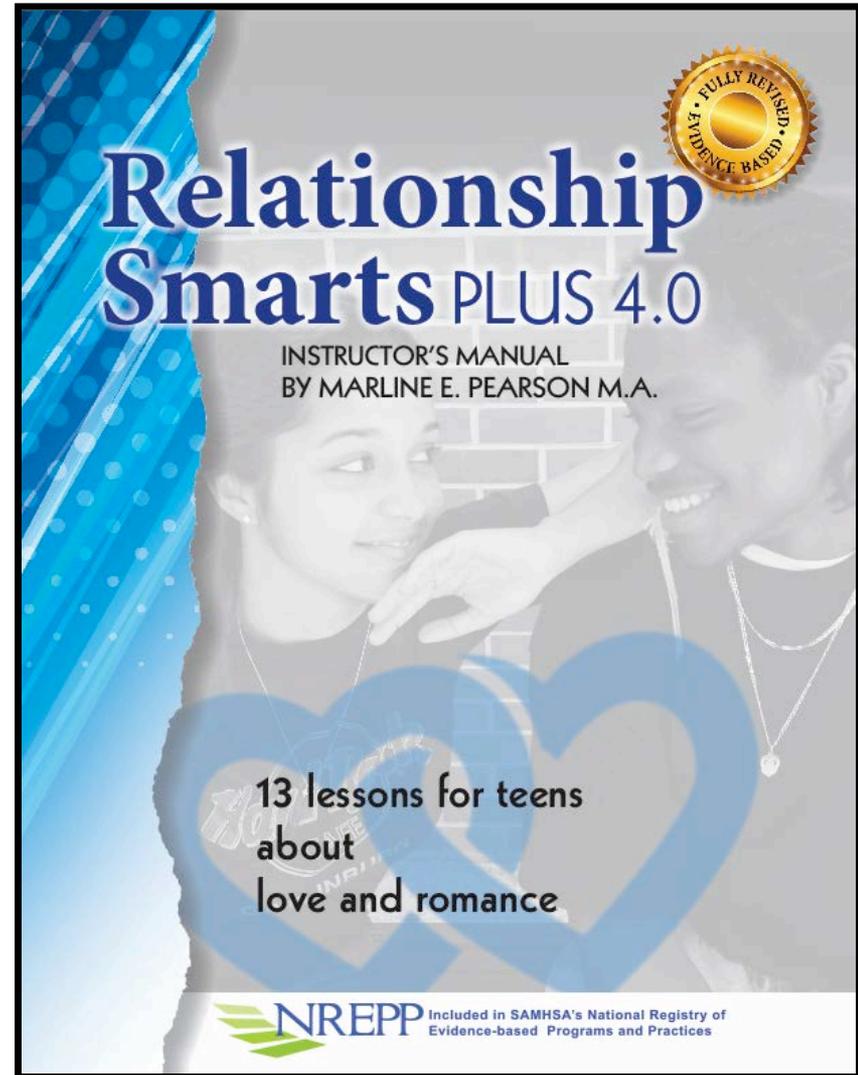
CHAMPS Teen Pregnancy Rates*: 12-month Impact Comparison
(*Ages 15-19, per 1,000, average from 2012-2015)



46% Decrease in the Teen Pregnancy Rate Compared to the Control Group

5 year study of *Relationship Smarts* by researchers at **Auburn University** with over 9,000 diverse teens in Alabama found:

- declines in aggression;
- less acceptance of aggression in relationships;
- lowered faulty relationship beliefs



Also significant improvements in these areas:

Individual Functioning Measures

- Lower level of stress
- Increase in self-care skills
- Increase in conflict management skills
- Increase in help seeking skills
- Greater dating violence awareness
- Lower depressive symptoms
-

Dating Relationship Functioning Measures

- Increased understanding of significant other
- Increase in caring behaviors toward significant others
- Increase in communication skills
- Greater commitment to healthy relationship

Parent-Child Relationship and Peer Relationship Functioning Measures

- Increase in understanding of parent, and of peers
- Increase in caring behaviors toward parent, and of peers
- Increase in commitment to healthy relationship with parents and peers



Where?

- There are many places to reach youth—schools, community-based programs, and all kinds of settings that service youth—secular and religious.
 - But this part of teens' lives need greater recognition
- The **health class** has the most universal reach and that is where most sex education resides.
- Can we **rethink health education and remake sex education?**

Helping youth succeed

- Helping young people increase their relationship smarts matters.
- Let's help them be deciders—planners-- in school, in career preparation, and in love.
- And, it's not just for them—but for the next generation—their children.



The Dibble Institute

Relationship Skills for Teens and Young Adults

QUESTIONS??





Thank You for Joining Us Today!

There is a brief survey after the end of this webinar. Thank you for providing us feedback by completing this survey.

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Second Wednesday Webinar

March 13, 2019

**Rural Vs. Urban Youth: Are They
Really That Different?**

Presenters:

- **Torri Childs, MA**, Field Research Associate who has worked with AMTC and Associates since 2008.
- **Crystal Agnew**, Deputy Director of Trinity Church, Peacemakers Family Center
- **Melissa Ballard**, Program Director for the Mission West Virginia SRAE Program